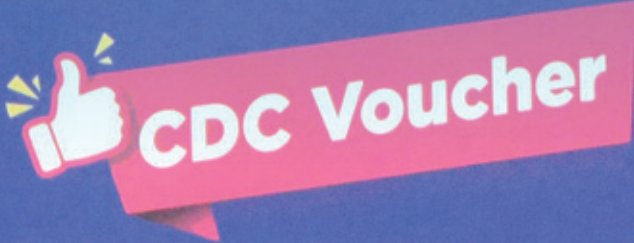


Bridge



#3 / 2022



“IN NANYANG, WE’RE TRYING TO FOSTER NETWORKS FOR PARENTS WITH SIMILAR RESPONSIBILITIES BECAUSE IT WOULD BE VERY USEFUL FOR THEM TO HAVE A COMMUNITY WHO CAN PROVIDE ADVICE AND ENCOURAGEMENT.”

MR ANG WEI NENG
Adviser to Nanyang
Grassroots Organisations



LAUNCH OF CDC VOUCHERS SCHEME 2022

11 MAY 2022

GUEST-OF-HONOUR

MR LAWRENCE WONG
MINISTER FOR FINANCE



Supporting One Another

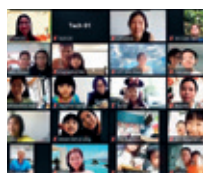
The CDC Vouchers Scheme continues to benefit Singapore households, hawkers and heartland merchants



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LAYING THE FOUNDATION

Young girls acquire life skills through a community guiding programme



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FAMILY FUN

Parents bond with their children over workshops on baking, fitness and more



20

ENJOYING ART TOGETHER

Seniors gain life lessons as they pick up watercolour techniques



Health Qigong @ South West
is an initiative by the CDC to encourage
active ageing through regular bonding
and engagement in *qigong*.



If you are keen to join
Health Qigong @ South West,
please approach your nearest Community Centre/Club (CC)
or Residents' Committee (RC) Centre. Should you have
any queries, please contact:

South West Community Development Council
Tel: 6316 1616
Email: Southwest_CDC@pa.gov.sg
Website: <https://southwest.cdc.gov.sg/>






Fun Walkers @ South West is part of the CDC's efforts to foster community bonding and build a healthier South West District. **Fun Walkers @ South West** is designed for everyone to participate as a group or individual. You can look forward to regular walking sessions in the community, embark on unique nature trails with your family and friends, and take part in community events.

西南乐乐走是西南社理会通过步行以提倡社区凝聚力及健康社区的活动之一。西南乐乐走是为男女老少而设计的。您将在社区里参加乐乐走活动，并参与独特的步行活动及社理会活动。







If you are keen to join **Fun Walkers Club**, please approach your nearest Community Centre/Club (CC) or Residents' Committee (RC) Centre. Should you have any queries, please contact:
欲知详情，请联络：
South West Community Development Council
西南社区发展理事会
Tel: 6316 1616 Fax: 6316 7250
Email: Southwest_CDC@pa.gov.sg
Website: <https://southwest.cdc.gov.sg/>



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Bridge

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Dear friends,

In the last two years, the COVID-19 pandemic has spurred us to adapt to overcome the challenges we faced. One example is the CDC Vouchers Scheme which has since gone digital. The switch from paper to easy online redemption and faster reimbursement was possible because of the positive way Singaporeans had embraced the change. From heartland shopkeepers and hawkers to older residents – the willingness to learn and transform is what has made us all stronger.

We have also become nimbler and adjusted our programmes to cater to the pandemic’s restrictions and demands. In what used to be a carnival in its first year, our Friend in Deed project with the Girls’ Brigade Singapore took on the shape of a month-long campaign to grant vulnerable residents their wishes this year. Unconstrained by a physical venue, the initiative was able to benefit and reach out to more families in need. With members of the public and 28 organisations joining in, we were able to grant some 800 at-risk residents in the South West District their wishes for essential items and home appliances.

As part of the CDC’s continual efforts to nurture our young people, we partnered with Girl Guides Singapore to launch the inaugural Community Guiding Programme in the South West District. It offers girls who are non-Guides opportunities for character-building, as well as to discover their potential and gain new skills beyond their current school and home environment. We hope this programme will inspire more girls to chart their path of self-development and discover where their talents lie.

I hope to see you at our district events as we gradually resume our physical gatherings as a community. Let’s continue to look out for each other, especially those who need a helping hand. It’s that spirit of *gotong royong* that keeps us stronger together.



Stronger
together


MS LOW YEN LING
Mayor of South West District

அன்பார்ந்த நண்பர்களே,

கடந்த இரண்டு ஆண்டுகளாக, கொவிட்-19 தொற்றுநோயானது, நாம் எதிர்கொண்ட சவால்களைச் சமாளிக்கக் கூடிய அளவுக்கு நம்மைத் தூண்டியுள்ளது. அதற்கு ஒரு உதாரணம்தான் CDC பற்றுச்சீட்டுகள் திட்டம், இது இலக்கமுறை (டிஜிட்டல்) மயமாகிவிட்டது. சிங்கப்பூரர்கள் இந்த மாற்றத்தை சாதகமான முறையில் ஏற்றுக்கொண்டதன் காரணமாகக் காகித முறையிலிருந்து இணைய முறைக்கு மாறிய இத்திட்டம் ஈடாக்கம் மற்றும் திரும்பப் பெறுவதை எளிமையாக்கியுள்ளது. குடியிருப்பு வட்டார வணிகர்கள் மற்றும் உணவங்காடி நிலையங்கள் முதல் நீண்ட காலக் குடியிருப்பாளர்கள் வரை - கற்றுக்கொள்வதற்கும் மாறுவதற்கும் அவர்கள் காட்டிய ஆர்வமே நம் அனைவரையும் பலப்படுத்தி இருக்கிறது.

தொற்றுநோயின் கட்டுப்பாடுகள் மற்றும் தேவைகளைப் பூர்த்திசெய்யும் விதமாக, நாம் இன்னும் வேகமாகச் செயல்பட்டு அதற்கேற்றாற்போல் நமது திட்டங்களைச் சரிசெய்துள்ளோம். முதலாம் ஆண்டு ஒரு திருவிழாவாக ஏற்பாடு செய்யப்பட்ட சிங்கப்பூர் மகளிர் படையணியுடனான நமது (Friend in Deed திட்டம்), இந்த ஆண்டு ஒரு மாத காலப் பிரச்சாரமாக உருவெடுத்து, எளிதில் பாதிக்கப்படக்கூடிய குடியிருப்பாளர்களுக்கு அவர்களின் விருப்பங்களைப் பூர்த்தி செய்தது. எவ்வித கட்டமைப்பு தேவைகளும் இல்லாத இந்த முன்முயற்சி உதவி தேவைப்படும் பல குடும்பங்களைச் சென்றடைந்து அவர்களுக்குப் பயனளித்துள்ளது. பொதுமக்கள் மற்றும் 28 நிறுவனங்களுடன் கைக்கொடுத்து, தென்மேற்கு மாவட்டத்தில் உள்ள 800 பாதிப்புள்ளாகக்கூடிய குடியிருப்பாளர்களுக்கு அத்தியாவசியப் பொருட்கள் மற்றும் வீட்டு உபயோகப் பொருட்களை எம்மால் வழங்க முடிந்தது.

எமது இளைஞர்களை உற்சாகமுட்டுவதற்கு CDC மேற்கொள்ளும் தொடர்ச்சியான முயற்சிகளின் ஒரு பகுதியாக, தென்மேற்கு மாவட்டத்தில் சமூக வழிகாட்டுதல் திட்டத்தை (Community Guiding Programme) அறிமுகம் செய்ய நாங்கள் மகளிர் வழிகாட்டிகள் சிங்கப்பூர் (Girl Guides Singapore) உடன் கூட்டணி சேர்ந்துள்ளோம். இது வழிகாட்டுதல் இல்லாத மகளிர்கள் தங்களின் பண்புநலன்களை உருவாக்கிக்கொள்ளும் வாய்ப்புகளை வழங்குகிறது, அத்துடன் அவர்கள் தங்களுக்குள் இருக்கும் திறமையையும் அறிந்து கொள்ளலாம், மேலும் அவர்களின் தற்போதைய பள்ளி மற்றும் வீட்டுச் சூழலை தாண்டி புதிய திறன்களைப் பெறவும் இத்திட்டம் உதவுகிறது. இந்தத் திட்டம் அதிகமான பெண்களுக்கு அவர்களின் சுய-வளர்ச்சிக்கான பாதையை பட்டியலிட்டுக் காட்டவும், அவர்களின் திறமைகள் எந்த அளவில் உள்ளது என்பதை அவர்கள் கண்டறியவும் உதவும் என்று நம்புகிறோம்.

ஒரு சமூகமாக நாம் நமது நேரடி ஒன்றுகூடல் செயல்பாடுகளை படிப்படியாக மீண்டும் தொடங்கி வருவதால், நமது மாவட்ட நிகழ்வுகளில் உங்களைச் சந்திக்க ஆவலுடன் காத்திருக்கிறேன். நாம் ஒருவரையொருவர், குறிப்பாக உதவிக் கரம் தேவைப்படுபவர்களைத் தொடர்ந்து கவனித்துக் கொள்வோம். பரஸ்பர உதவியின் அந்த மனப்பான்மைதான் நம்மை என்றும் ஒன்றாக வலுவுடன் வைத்திருக்கும்.

Rakan-rakan yang dihormati,

Sepanjang dua tahun yang lalu, pandemik COVID-19 telah mendorong kita agar menyesuaikan diri bagi mengatasi cabaran-cabaran yang kita hadapi. Satu contoh ialah Skim Baucar CDC yang kini menggunakan kaedah digital. Peralihan daripada kertas kepada penebusan dalam talian yang mudah dan pembayaran balik yang lebih pantas berjaya dilakukan kerana rakyat Singapura positif menerima perubahan ini. Daripada pekedai dan penjaja di kawasan perumahan kepada penduduk tua – kesediaan untuk belajar dan berubah telah menjadikan kita semua lebih kuat.

Kita juga kini lebih cekap dan menyesuaikan program-program kita agar dapat memenuhi sekatan dan tuntutan pandemik. Sebelum ini sebuah karnival di tahun pertamanya, projek Friend in Deed bersama Girls’ Brigade Singapore telah berkembang menjadi kempen selama sebulan untuk memenuhi permintaan penduduk yang kurang bernasib baik pada tahun ini. Tanpa kekangan sebuah tempat fizikal, inisiatif ini dapat memberikan manfaat dan mendekati lebih ramai keluarga yang memerlukan. Dengan penyertaan orang ramai serta 28 organisasi, kami dapat memenuhi permintaan kira-kira 800 orang penduduk yang kurang bernasib baik di Kawasan Barat Daya untuk barangan keperluan dan peralatan rumah.

Sebagai sebahagian daripada usaha CDC yang berterusan untuk memupuk golongan muda kita, kami bekerjasama dengan Pandu Puteri Singapura untuk melancarkan Program Bimbingan Masyarakat yang buat julung-julung kalinya diadakan di Kawasan Barat Daya. Ia memberi peluang kepada kanak-kanak perempuan yang bukan daripada anggota Pandu Puteri untuk membina perwatakan serta mengenali potensi mereka dan memperoleh kemahiran baru bukan sahaja dalam persekitaran sekolah dan rumah, tetapi selain dari itu juga. Kami berharap program ini akan memberi inspirasi kepada lebih ramai kanak-kanak perempuan untuk melakar laluan pembangunan diri mereka dan mengenali bakat mereka.

Saya berharap dapat bertemu anda di acara-acara kejiranan sambil kita sambung semula perjumpaan fizikal sebagai sebuah masyarakat. Ayuh kita terus prihatin antara satu sama lain, terutamanya terhadap mereka yang memerlukan bantuan. Semangat gotong royong itulah yang akan memastikan kita kekal teguh bersama.

亲爱的朋友们，

在过去的两年里，2019 冠病疫情促使我们调整和适应新常态以克服挑战。其中一个例子是社理会邻里购物券至今已数码化。国人抱着积极求变的态度，让我们得以从纸质购物券转为更方便兑换的电子购物券。邻里商家们、小贩和年长居民积极学习和转型的态度，让我们变得更强大。

我们也对各种计划作出了灵活调整，以适应疫情带来的诸多限制和不同挑战。今年，我们与新加坡女子少年旅合作的友谊之手(Friend in Deed)计划与第一年的嘉年华形式有所不同。我们推出了为期一个月的活动来帮助弱势居民实现他们的愿望。由于活动不受场地限制，因此可惠及更多的弱势家庭。在公众和28个团体的参与和支持下，我们为西南区的大约800名弱势居民实现了他们的愿望，为他们提供了生活必需品和家用电器。

作为社区发展理事会持续培育青年的使命，我们联合新加坡女童军协会在西南区推出了首个社区指导计划。该计划将帮助非协会成员的女生在学校和家庭以外的环境培养品格、发掘自己的潜能并学习新技能。我们希望通过这项计划来激励更多女生找到适合自己的发展道路，并发掘自身的才华。

随着我们逐渐恢复举办社区活动，我希望能未来的区内活动中与您面对面交流。让我们继续守望相助，帮助那些有需要的弱势群体。正是有了这种互助合作的精神，我们的社区才能变得更强大。

Uplifting local businesses and residents

ANOTHER \$100 WORTH OF DIGITAL CDC VOUCHERS TO HELP SINGAPOREAN HOUSEHOLDS IN DAILY EXPENSES AND TO SUPPORT HAWKERS AND HEARTLAND MERCHANTS.

HAVING LIMITED SKILLS IN TECHNOLOGY did not deter retiree Mdm Koh Boh Tan from learning how to use the digital CDC Vouchers at some of her favourite heartland shops and hawker stalls.

"I was initially worried that I wouldn't be able to claim the vouchers, but I was able to do so after following the step-by-step guide," said the 70-year-old in Mandarin, who has started spending her second set of digital vouchers since she received it in May this year.

"It's easier for me to use the digital vouchers as I've learnt how to do so. This time, I used some to treat my friends to a meal at the coffeeshop," she said.

STRENGTHENING SUPPORT FOR LOCAL HOUSEHOLDS

The CDC Vouchers Scheme 2022 was launched on 11 May 2022 by Deputy Prime Minister Mr Lawrence Wong at Tampines West Community Club, together with the five CDC Mayors — Ms Low Yen Ling, Chairman of Mayors' Committee and Mayor of South West District; Ms Denise Phua, Mayor of Central Singapore District; Mr Desmond Choo, Mayor of North East District; Mr Alex Yam, Mayor of North West District; and Mr Mohd Fahmi Aliman, Mayor of South East District.

Noting Singaporeans' concerns about their daily expenses due to rising prices from the spike in global inflation, DPM Wong had earlier announced that he would bring forward the implementation of some Budget measures, including the disbursement of the CDC Vouchers 2022. Each household can claim another \$100 worth of digital vouchers on top of the \$100 disbursed in December last year.

Speaking at the launch, Mayor Low said, "Through the scheme, we have seen how the whole community has come together to embrace new ways of doing things. The CDC Vouchers Scheme is made possible by the concerted efforts of the Community Development Councils, GovTech, merchant associations, digital ambassadors, heartland business owners and volunteers."



One of the shop owners on board the CDC Vouchers Scheme sharing her experience of using it with DPM Wong and the five Mayors.



DPM Lawrence Wong, Mayor Low Yen Ling, Mayor Denise Phua, Mayor Desmond Choo, Mayor Alex Yam and Mayor Mohd Fahmi Aliman with artistes Ms Vivian Lai, Ms Constance Song, Mr Vincent Ng, Mr Li Nanxing and Mr Shane Pow who performed "Our Dining Hall", a song that celebrates Singapore's hawker culture.



DPM Wong buying some fruits with his CDC Vouchers.

REAPING THE BENEFITS OF THE DIGITAL SCHEME

The CDC Vouchers are disbursed digitally so that they are easier to use. "We were concerned about those who are digitally less-savvy, especially seniors, so we engaged them with the help of Silver Generation Ambassadors and Grassroots Leaders," explained DPM Wong.

For both merchants and residents, the impact has been tangible.

Claim your CDC Vouchers at go.gov.sg/cdcv.



DPM Wong using his CDC Voucher to buy teh tarik for everyone.

"Many merchants and hawkers are satisfied with the ease of use of the digital vouchers and faster reimbursements. Bukit Gombak Traders' Association reported a 10 to 20 per cent increase in revenue and customers because of the CDC Vouchers Scheme," shared Mayor Low.

Mr Chew Boon Lai, owner of Uncle Chew Chicken Rice at Taman Jurong Food Centre, is one of the many hawkers who are participating in and benefitting from the CDC Vouchers Scheme. The 48-year-old jumped at the chance to get on board after hearing how it boosted his fellow hawkers' businesses. He was pleasantly surprised to find that the payment system could be set up easily and that his sales improved after he started accepting CDC Vouchers. "At first, I thought it would be troublesome to join the CDC Vouchers Scheme, as it would involve setting up a merchant account and equipment. But it is easy to deploy. Many of my customers would ask if my stall accepts CDC Vouchers, so it has increased my revenue,"

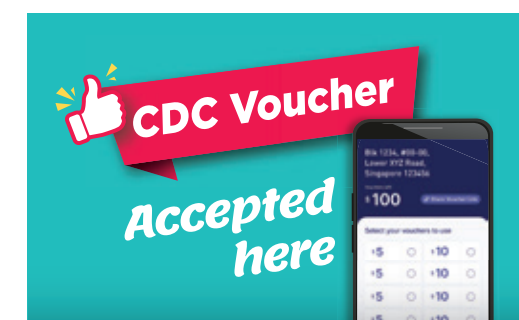


Attendees claimed their digital CDC Vouchers at the launch.



DPM Wong and Mayor Low interacting with the owner of Habibie Seafood, who came onboard the CDC Vouchers Scheme 2022.

WHERE CAN I SPEND MY CDC VOUCHERS?
You can spend your CDC Vouchers at participating hawkers and heartland merchants that display this decal.



Visit go.gov.sg/cdcvouchersmerchants or scan the QR code below to find participating hawkers and heartland merchants near you.



Empowering young girls to become future leaders

SOUTH WEST CDC AND GIRL GUIDES SINGAPORE PILOTED A COMMUNITY GUIDING PROGRAMME TO IMPART LEADERSHIP AND LIFE SKILLS TO YOUNG RESIDENTS ACROSS THE DISTRICT.

MDM SUHANA RAHMAT, A MOTHER OF FOUR, USED TO BE APPREHENSIVE ABOUT LETTING HER DAUGHTERS HANDLE KITCHEN KNIVES OR COOK AT HOME. However, her fears were allayed after her daughters, A'eesyah Bte Muhamad Zaid and Aneesah Bte Muhamad Zaid, aged 12 and 14 respectively, picked up kitchen skills during a bento-making workshop where they learnt how to cook rice and bake brownies.

"I am proud that my daughters managed to slice onions without any accidents and garnered the courage to turn on the stove to stir-fry canned meat, as well as use the rice cooker to cook rice," shared Mdm Rahmat, who was thankful that the virtual workshop format allowed her to supervise her daughters while they were cooking. "They are now more confident in the kitchen and have taken a liking to cooking. They are able to cook rice, instant noodles and even fry eggs. These are important life skills," she added. A'eesyah said, "It was a very fun experience as I got to try things that I never had the chance to try before."

A CURATED PROGRAMME FOR GIRLS

The workshop that the siblings attended were part of a pilot Community Guiding Programme (CGP) organised by South West Community Development Council (CDC) and Girl Guides Singapore (GGS). The CGP, which ran from September to December 2021, comprised six workshops held over Zoom. A total of 14 girls aged 11 to 14 from Bukit Gombak participated in the sessions. Under the mentorship and guidance of adult volunteers from GGS, participants not only learnt how to prepare simple dishes but also how to respond in the event of an emergency. They were also taught how to grow edible plants at home and build their self-esteem. They also did some light exercises virtually with seniors from Ren Ci Nursing Home and made Christmas stockings for them, which were delivered to the beneficiaries.

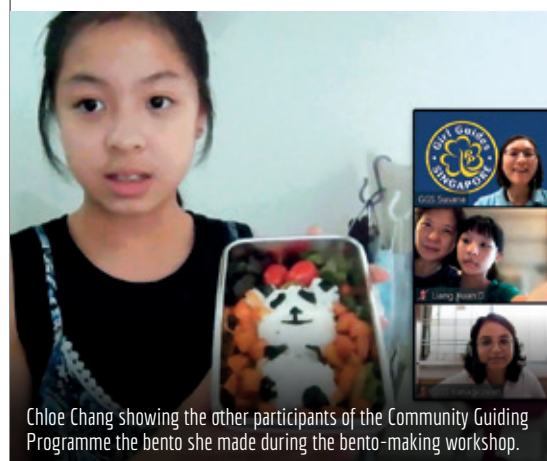
These activities were mapped to five key areas that the GGS' programme focuses on: personal and social development, outdoors, home, community and international. The 14 girls who completed the CGP earned five patches — one for each focus area — and received certificates of participation at a graduation ceremony held at Hillview Community Club on 29 May 2022. Chief Commissioner of GGS Mrs Koh-Teh Yi Wen said GGS hopes that the CGP would open doors for more girls to experience the wonderful world of guiding. "We believe that the diversity of the guiding experiences will expose girls to new interests and adventure," she explained. "Such experiences develop a sense of curiosity and 'can-do' spirit that will challenge girls to pursue new learning and skills. This will help them develop into confident female leaders in the future."



Mayor Low and Mrs Koh-Teh Yi Wen presenting certificates of completion to CGP participants who were present for the graduation ceremony.



Mayor Low, Mrs Koh-Teh, Ms Jenny Wee, PBM, CGP facilitators, CGP participants and their family members convening for a group shot after the graduation ceremony.



Chloe Chang showing the other participants of the Community Guiding Programme the bento she made during the bento-making workshop.



The young participants learning how to grow edible plants such as lady's finger in their homes.



Mayor Low Yen Ling (centre); Chief Commissioner of GGS Mrs Koh-Teh Yi Wen (far right); Vice Chairman of Family & Community Resilience Functional Committee, South West CDC, Ms Jenny Wee, PBM (2nd from left); Chin Xuan Tien (far left) and Aneesah Bte Muhamad Zaid (2nd from right) each placed a patch on the backdrop to signify the completion of the pilot run. The five patches were given to participants who attended all the sessions.

Mayor of South West District Ms Low Yen Ling, who presented certificates to the girls, shared that her own experience as a Girl Guide in secondary school had taught her collaboration skills and how to be disciplined and resourceful. "The partnership with GGS affirms South West CDC's commitment to provide every girl with the opportunity to develop their fullest potential, outside of their home and school environment. These curated sessions served as excellent opportunities for adventure, self-discovery and growth," said Mayor Low.

POSITIVE EXPERIENCES INSPIRE PROGRAMME'S EXPANSION

One of the participants, 11-year-old Chloe Chang, shared that the CGP had helped her become more confident. In

particular, the 'Free Being Me' programme taught her skills to share her thoughts and ideas with others — something she was not comfortable doing previously.

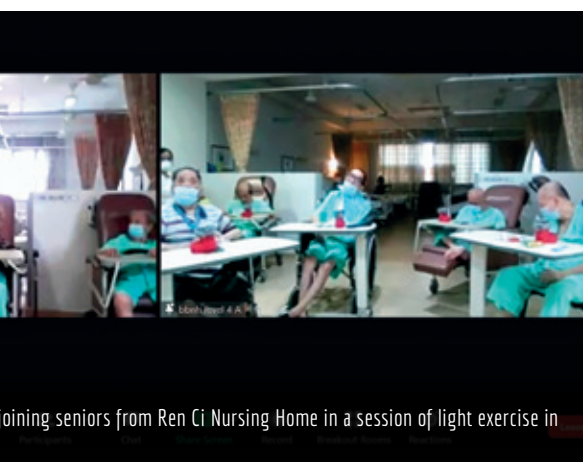
Chin Xuan Tien, 15, who also graduated from the CGP, said the body confidence workshop taught her how to love herself and not to be affected by stereotyped views. "When my friends tell me they are overweight, I'll tell them to love and accept themselves. The workshop also taught me how to ignore negative remarks and appreciate our unique features, abilities and talents," she elaborated. Xuan Tien, who has been interested in cooking at an early age, also enjoyed the bento-making workshop.

Xuan Tien's sister, Xuan Ning, 12, said the virtual volunteering experience with the elderly at Ren Ci Nursing Home in Bukit Batok was meaningful. "It's a rare opportunity to interact with seniors who are sick or have no family members taking care of them. I find it meaningful to put a smile on their faces," she said.

The Chin siblings wanted to try something different during the school holidays and got to know about the programme through their mother's friend. "My favourite programme was the gardening workshop, and I managed to grow a tomato plant. I also learnt useful tips such as making brownies using orange skin, which is usually thrown away," said Xuan Tien, who would like to learn more ways to make eco-friendly food.

The experience was equally meaningful for the volunteer facilitators. "It was enriching to be able to plan activities for non-Guides in a wider community. I was encouraged that they benefitted by learning valuable life lessons and skills," shared 21-year-old Ms Hazel Tan, Lead and Facilitator, GGS. Another volunteer, Ms Aishwarya, said the workshops allowed her to interact with the young girls and learn about the challenges they face. "These made me reflect on how I can help in their development. For example, I can run events that aim to instil confidence and self-love."

Mayor Low said the workshops would provide a foundation for the girls to become confident and independent individuals who can positively impact the community. She also announced that the programme would be extended to girls aged nine to 11 in the other divisions within the South West District. "We hope to continue our efforts in building the leadership and resilience of our girls, as well as empowering the next generation of women leaders to be adaptable, caring and resourceful," she said. **B**



Girl Guides and CGP participants joining seniors from Ren Ci Nursing Home in a session of light exercise in December 2021.



Chin Xuan Tien (left) and her sister Chin Xuan Ning (right) sharing their experiences of participating in the Community Guiding Programme.

DOES THIS SOUND FAMILIAR TO YOU?

- Unrelenting low mood
- Anxiety and psychic pain
- Loss of interest
- Sleep problems
- Throw tantrums
- Make accusation
- Irritable
- Anger & aggression
- Struggle with someone
- Lying around at home
- Talk about suicide
- Grieving
- Difficult bereavement issues
- Had a fall & admitted to hospital

Depression



Ms Kathleen Chia highlighting the signs of depression to workshop participants.

Understanding mental illnesses



RESIDENTS GAINED INSIGHTS ON DEPRESSION AND DEMENTIA AND LEARNT WHERE TO ACCESS CAREGIVER RESOURCES AT A MENTAL HEALTH WORKSHOP.

MENTAL ILLNESSES ARE MORE COMMON THAN ONE WOULD IMAGINE, shared Ms Kathleen Chia, Deputy Head, Engagement & Empowerment at Caregivers Alliance Limited (CAL). She was speaking at a mental wellness workshop jointly organised by Taman Jurong Community Club Women's Executive Committee and South West Community Development Council. The two-hour workshop held on 7 May 2022 aimed to benefit residents who need help with mental health issues; or reaching out to their family members, colleagues or neighbours who might be struggling with their mental health. The session offered insights on two pertinent mental illnesses — dementia and depression — and provided available resources for caregivers.

KEEPING AN EYE ON THE MIND

"The recent pandemic has caused many to experience considerable degree of isolation, fear, worry and anxiety, which unfortunately has led to a surge in the number of people experiencing mental health issues," shared Ms Chia. "It is important to be aware of our own mental health and be willing to seek help if necessary. As with physical illness, early diagnosis can help manage the progression to serious mental health issues."

During the session, Ms Chia debunked common myths such as dementia affecting only seniors and dementia being only about forgetfulness (it also impairs judgement, language, planning and behaviour). She also flagged that depression among the elderly is on the rise in Singapore, with those living alone two times more likely to develop depression.

SUPPORTING CAREGIVERS TO CARE FOR THEMSELVES

Caregiving is often such a taxing responsibility that caregivers themselves tend to neglect their own physical, emotional and mental health. For some, this can have debilitating effects on both their work and social life in the long run. Speaking from her experience of caring for her parents, mother-in-law and son with special needs, Ms Chia

explained that caregivers would be able to serve their loved ones better if they manage their own needs well. She shared about initiatives such as the fully-funded Caregivers-to-Caregivers Programme (C2C) — which provides technical training, experiential learning, emotional healing and a community of support — and encouraged participants to reach out to CAL should they need additional help.

Ms Chia's sharing proved useful for 65-year-old participant Beck, who was unaware of the services and training provided by CAL prior to the workshop. "I have registered for the C2C programme after attending this talk, and I am confident it will provide me with even more resources to help me along my caregiving journey."

Another participant 67-year-old Mdm Ya Yu, said, "Besides a basic understanding of various mental illnesses, I have gained a deeper understanding of dementia and depression. I've learnt that when people under our care display challenging behaviour when they undergo treatment for mental illnesses, adopting an empathetic approach can help them achieve better treatment outcomes. Such an approach involves active listening, observation of body language, communicating effectively and the use of praise and encouragement. It is a very useful workshop. As our population ages, I can use this knowledge to help myself and others." **B**

RESOURCES FOR CAREGIVERS

Caregivers can tap on the following resources to help them care for their loved ones.

South West Caregiver Support Fund:

an interim one-time sum of \$500 to defray caregiving and self-care expenses.



Caregivers Alliance Warm Line (West team):

a helpline for those who need emotional support.
emailwest@cal.org.sg
9720 7590/9770 7996



MENTAL HEALTH STATISTICS THAT MAY SURPRISE YOU

- **1 in 7** Singaporeans will experience a mental health issue in their lifetime.
- **5 per cent** of Singaporeans suffer from anxiety panic disorder during their late teens and early adulthood.
- **1 per cent** of Singaporeans suffer from schizophrenia and **3.3 per cent** suffer from obsessive compulsive disorder at some point in their lives.
- According to the World Health Organization, young onset dementia makes up **9 per cent** of cases globally.

Source: Caregivers Alliance Limited

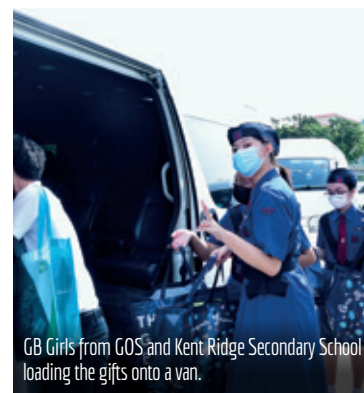


Granting wishes, bringing smiles

SOUTH WEST COMMUNITY DEVELOPMENT COUNCIL PARTNERED GIRLS' BRIGADE TO FULFIL THE WISHES OF 800 VULNERABLE RESIDENTS IN THE SOUTH WEST DISTRICT.



President Halimah Yacob, Mayor Low Yen Ling, Principal of Grace Orchard School (GOS) Ms Esther Kwan and President of The Girls' Brigade Singapore Ms Sharon Liat (in white) flagging off the first batch of deliveries with GB Girls from GOS and Kent Ridge Secondary School.



GB Girls from GOS and Kent Ridge Secondary School loading the gifts onto a van.



Mdm Pushpalatha and her husband receiving a table fan and a queen-size bedsheet.



GB Girls delivering an air purifier and a box of bottled bird's nest to Mr Yap Eng San and Mdm Ang Siew Ngiah.

IN RECENT MONTHS, the sweltering heat and high humidity have made life very uncomfortable for Mr Yap Eng San, 77, who stays with his wife Mdm Ang Siew Ngiah, 63, in a HDB flat. "The weather is so hot and the air is bad," said Mr Yap.

But his woes were alleviated after receiving an air purifier as part of the Girls' Brigade Friend in Deed (GBFD) initiative. Mr Yap said the appliance has helped cool his house. "The air feels cleaner now and the purifier is also a good prevention tool against COVID-19," he said. Mr Yap also received 24 bottles of bird's nest. "The tonic is good for our health. We're thankful to receive such quality products," he added.

REACHING MORE BENEFICIARIES

Converted from an on-site carnival to a month-long fulfilment project in 2021, this year's campaign aimed to fulfil the wishes of 3,000 vulnerable residents across Singapore by end-July. They could wish for items within a \$60 budget. These included home essentials, and health and wellness items such as mobility aids and tonic products, as well as school supplies and toys.

At the launch of GBFD on 26 May 2022, President Halimah Yacob kick-started the initiative by presenting the wish items to families of students at Grace Orchard School (GOS). On the same day, GB Girls from GOS and Kent Ridge Secondary School also made door-to-door deliveries to beneficiaries, including Mdm Subramaniam Pushpalatha, who lives in a two-room rental flat in Chua Chu Kang with her husband.

Mdm Pushpalatha received a queen-size bedsheet and a table fan. "I have an existing fan in the living room, and I'm thankful to receive an extra set, which I can use in the bedroom for my grandson, who stays with us," said the 63-year-old.

President Halimah Yacob, the Patron of The Girls' Brigade Singapore, said, "I am glad to see Girls from different walks of life being empowered to perform great acts of service. I hope this will inspire fellow Singaporeans to do the same and that the wishes delivered throughout Singapore will bring much joy to every recipient."

Ms Sharon Liat, President of The Girls' Brigade Singapore, said the GBFD project aims to empower its cadets to serve the community. As the Girls' Brigade Singapore celebrates its 95th anniversary this year, it also wants to work with other Singaporeans to help those in need and cultivate giving as a regular part of everyone's lives. **B**



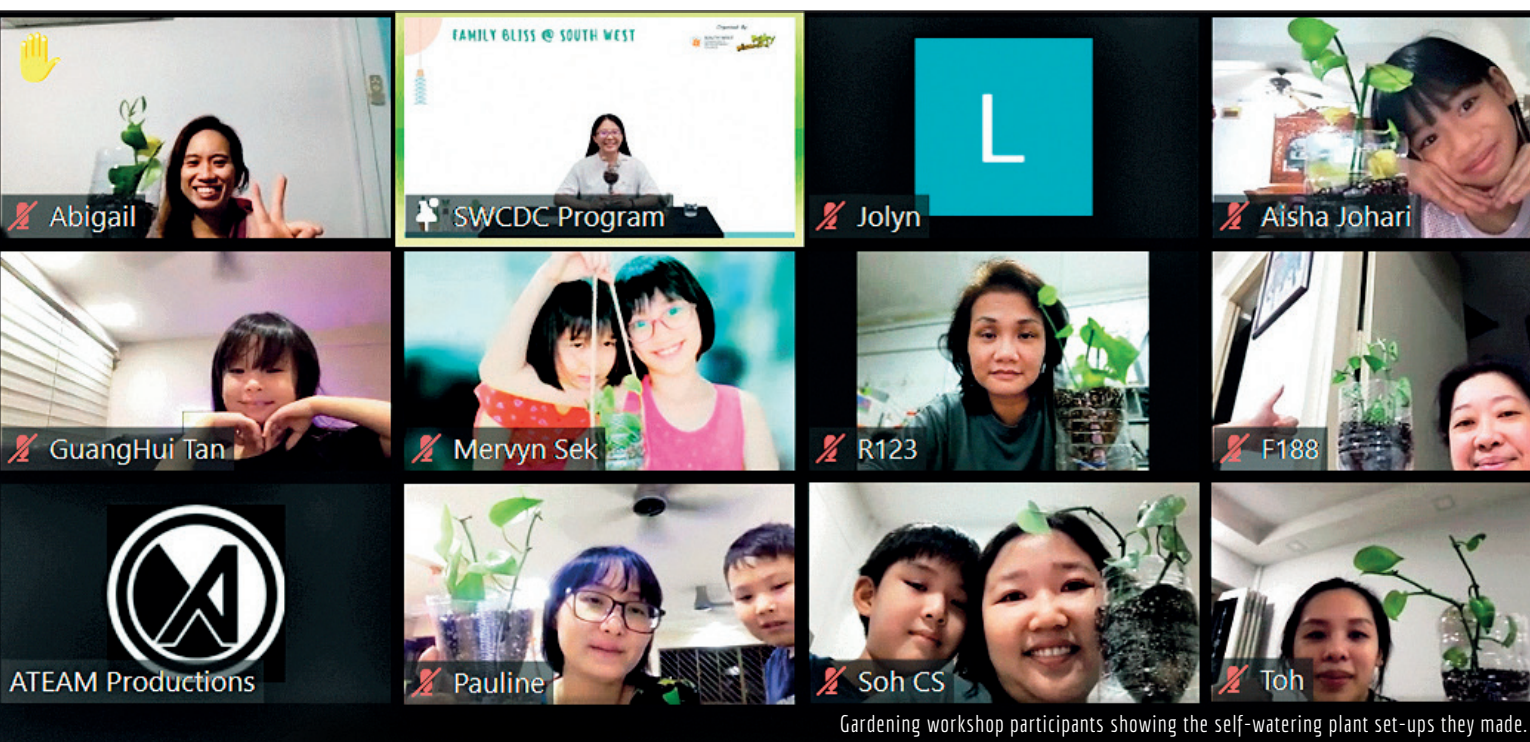
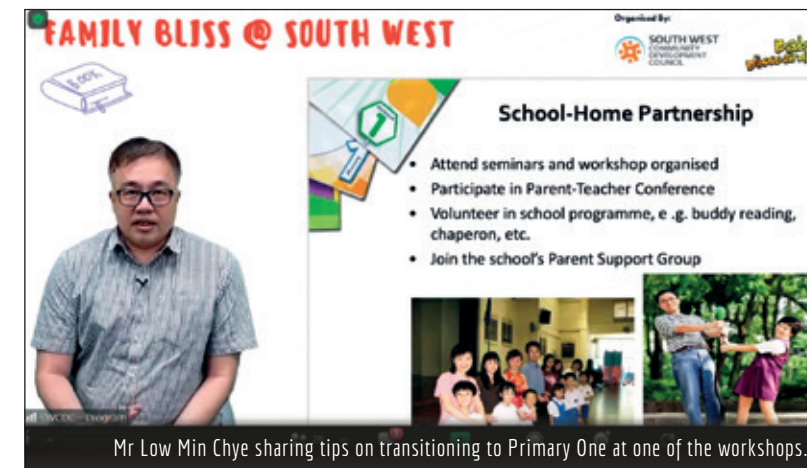
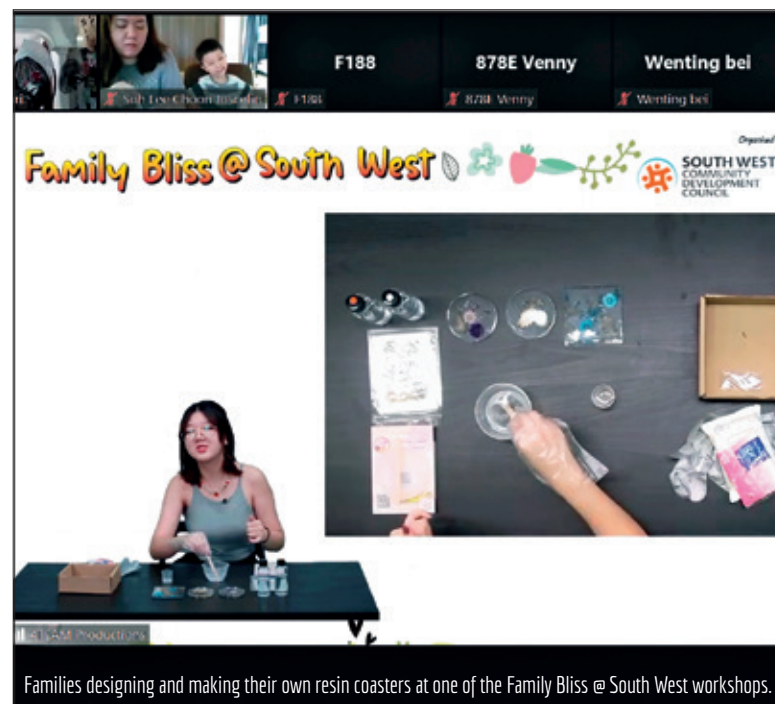
GOS student Fariani Binte Shahrin and her mother receiving card and board games, as well as two sets of pillows and bolsters from President Halimah Yacob, Mayor Low, Ms Liat, Ms Kwan and GB Girl Glennis Neo.

Benefitting residents of all ages

Part of GBS' annual commitment to connect with the public to help the disadvantaged within the community, the GBFD project has served more than 18,000 beneficiaries since 2011. A total of 800 vulnerable children and seniors in the South West District received items of their choice this year.

Great ways to bond

INTERACTIVE WORKSHOPS ORGANISED UNDER FAMILY BLISS @ SOUTH WEST PROVIDED MEANINGFUL OPPORTUNITIES FOR PARENTS AND THEIR CHILDREN TO LEARN AND HAVE FUN TOGETHER.



get to sweat it out, I also have a newfound appreciation for K-pop songs!"

Young residents and their parents flexed their creative muscles at the Christmas craft workshop last year where they made festive baubles and gingerbread man soft toys, and at a coaster-making workshop where they designed and created resin coasters. Families also learnt how make their own self-watering plant set-up in the gardening workshop.

STRENGTHENING TIES THROUGH KNOWLEDGE SHARING

Besides fun-filled workshops, Family Bliss @ South West also included informational seminars for parents and working adults. At a nutrition workshop, participants picked up tips on meeting their daily nutritional needs while working from home and learnt ways to prepare easy and healthy meals.

As the December holidays drew to a close in 2021, parents with children attending Primary One this year scored tips on easing the transition in a 90-minute webinar, "Preparing Your Child for Primary Education", by South West CDC District Councillor and Educator Mr Low Min Chye.

The "Financial Literacy for Families" talk conducted on 30 March 2022 equipped young parents with knowledge necessary to maintain financial stability and independence. Facilitated by trainer Mr Albert Tan from NTUC social enterprise MoneyOwl, the 90-minute session introduced the basic framework and planning tools available for families to achieve different financial milestones. Participants picked up financial skills such as budgeting, debt management and how to use suitable low-cost insurance to mitigate financial risks. **B**



PLANNING A FAMILY ACTIVITY CAN SOMETIMES BE HARDER THAN EXPECTED, ESPECIALLY AMID THE COVID-19 PANDEMIC.

The South West Community Development Council (CDC) curated a series of exclusive workshops and talks for parent-child bonding and for parents to learn useful knowledge from professionals. Organised under Family Bliss @ South West, nine virtual workshops were held from December 2021 to March 2022. Residents could participate in the sessions free of charge from the comfort of their homes – an arrangement that provided opportunities to learn and have fun as a family while staying safe.

HAVING FUN AS A FAMILY

Several workshops, spanning craft, baking, fitness and gardening, were designed for parents and children to attend together. These were conducted by professional trainers.

Among the sessions was a Chinese New Year snack-making workshop held earlier this year. Participating families got into the festive spirit as they made lychee-flavoured pineapple tarts. Baking kits were provided for the first 30 registrants and all other participants were encouraged to prepare the required ingredients ahead of time. From mixing the ingredients to shaping the pineapple tarts, each step was meticulously enacted on screen so that novice bakers could keep up.

The K-POP dance class had children and their parents moving energetically to upbeat tunes in their home-turned-dance-studio. No dance background was needed, and Jacky, the high-spirited dance instructor, kept the energy levels up throughout the hour-long class.

Mr Kevin Zhang, 40, who joined the dance class with his son, said of their experience, "This was the perfect opportunity for my family to get our fitness fix together. Not only did we



TO FIND OUT MORE AND SIGN UP FOR UPCOMING FAMILY BLISS @ SOUTH WEST WORKSHOPS, SCAN THE FOLLOWING QR CODE OR VISIT THIS LINK: [HTTPS://T.ME/FAMILYBLISS](https://t.me/familybliss)

Giving a voice

NANYANG RESIDENTS WOULD KNOW THAT MR ANG WEI NENG IS VERY PASSIONATE ABOUT HELPING PEOPLE, PARTICULARLY THE VULNERABLE. But they may not be aware that Mr Ang's passion stems from his personal experience as a parent of a child with special needs. "My wife and I understand the difficulties that other parents in our shoes face," he reveals. "Caregiver stress is very real. I know how it feels when your child reacts strongly in public and strangers who do not know his or her condition give you funny looks."

This empathy drove Mr Ang, 54, to start giving back in various capacities, including as an active volunteer and a board member of Grace Orchard School, a school for students with special needs. It also spurred him to work closely with partners to build an inclusive playground at Block 339, Jurong East Avenue 1.

To Mr Ang, projects like these are important as they ensure that the needs of different groups of residents are met. Another project is the division's flagship *Nanyang Sayang* — which helps children from families living in rental flats attend school regularly and provides them with tuition and mentorship. Mr Ang beams as he shares the programme's

ADVISER TO NANYANG GROS MR ANG WEI NENG SHARES WHAT INSPIRES HIM TO STAND UP FOR THOSE WITH DISABILITIES AND SPECIAL NEEDS, AS WELL AS THEIR LOVED ONES.



A RESIDENT'S TESTIMONY

"Through *Nanyang Sayang*, I attended character-building sessions with my friends, in addition to tuition. My tutor taught me many interesting and useful strategies for math, which is why my algebra has improved tremendously. I also learnt many new words from my tutor and have expanded my vocabulary. I hope to enter junior college after secondary school and do what I love for a living in the future."

Shayaan, a beneficiary of *Nanyang Sayang* who is currently studying at Raffles Institution.

success. "One of the most heartwarming success stories is of a student who, with the community's support and encouragement, managed to improve and aced his PSLE!"

He met the boy again during a recent house visit and was very heartened by his family's appreciation for the programme. "His story shows the importance of community support," says Mr Ang, who does house visits twice a week. He also frequents the coffeeshops in Nanyang to meet and interact with the residents.

Through these visits, Mr Ang also learnt that vulnerable residents required more assistance with acquiring groceries. To support them, his team launched a food locker at Nanyang Community Club. Residents in need can collect one of three different sets of food and beverage items from the locker twice a month. "Previously, some residents could not make it for the donation drives because they had work or other commitments. By providing flexibility in the collection process, we can actually help them more."

You shared that you face caregiver stress from caring for your child with special needs. How did you cope with it?

I'm blessed to have a very supportive family. My three other children really stepped up to help their brother and accommodate his needs.

Also important is a sense of community — networks of other parents going through the same thing that we could rely on for information and respite. With the support of such networks and from my son's school, we are proud to say that he is now in the Enabling Village's School to Work Programme.

In Nanyang, we're trying to foster similar networks for parents with similar responsibilities because it would be very useful for them to have a community who can provide advice and encouragement.

THREE PRINCIPLES TO LIVE BY

The principles that Mr Ang adopts when doing good for the community.



→ **MANY HELPING HANDS:** "I'm very fortunate to have friends and partners in the corporate world who are ever ready to help with their money, talent and time. Such invaluable support helps us go further and do more for others," says Mr Ang.



→ **MENTORS MATTER:** Through his community volunteering, Mr Ang has seen the many benefits of having mentors that students can look up to. He hopes to provide more mentors for students through *Nanyang Sayang*. The programme links up older students and working adults with primary and secondary school students, to guide them and be a positive influence in their lives.



→ **LISTEN INTENTLY:** Residents know that they can turn to Mr Ang for help with their problems. "I make it a point to listen to them and ask about the challenges they face whenever I see them, whether it's at the coffeshop, market or house visits. This way, I can marshal community resources to help those in need."



Mr Ang showing Shayaan and his family, who are beneficiaries of the Nanyang Food Locker Programme, how they can retrieve items from the locker.

What do you enjoy doing in your free time?

I try to start every day with a bit of exercise — either a jog or a swim. On weekends, when I have a bit more time, I like to go cycling with my family. We also trek around Bukit Timah Nature Reserve every now and then.

众人一条心 黄土变成金

南洋基层组织顾问，洪维能先生与我们分享了他为残疾和特殊需要人士与亲人挺身而出的最初原因。



Mr Ang taking a selfie with residents during a previous National Day meet-and-greet session.



Mr Ang often chats with residents at NTI Foodcourt.



居民的回响

“通过 Nanyang Sayang, 我与朋友一起参加了补习和性格培育课程。我的补习老师教了我很多有趣和有用的数学策略, 让我大大提升了代数程度。此外, 我也通过所学的许多词汇, 成功地扩充了我的词库。我希望自己可以在中学毕业后进入初级学院, 并在未来寻得一份我热爱的工作”

Shayaan, 一名目前正在莱佛士书院就读的 Nanyang Sayang 受益者。



Mr Ang engaging a senior while delivering a care pack to him.

南洋居民都知道洪维能先生热衷于帮助他人, 尤其是弱势群体。可是, 鲜为人知的是洪先生的热忱源自他身作为一名特殊需要儿童的父亲的感同身受经历。他透露: “我的妻子和我都了解其他育有特殊需要儿童的父母所面对的苦衷。身为看护者, 这种压力是非常沉重的。我非常清楚您的孩子在大庭广众, 众目睽睽之下情绪爆发时, 公众所给予的那种奇异眼神, 而那种眼神总让您深感不安。”

这份体惜的共鸣驱使54岁的洪先生开始在各方面的领域上回馈社会, 包括担任一所特殊学校——恩园学校的义工和董事会成员。这也促使洪先生紧密地与各伙伴携手合作, 像在新加坡东部1道第339座组屋建设在新加坡西部第一个具有包容性的游乐场。

您喜欢在闲暇时间做些什么?

我尝试每天早上做些运动, 如跑步或游泳。周末的时候如果有空, 我会与家人一起骑脚车。我们不时还会到武吉知马自然保护区跋涉。

您分享了您照顾特殊需要儿童所面临的看护压力。请问您是如何应对的?

我很庆幸自己有一个非常支持我的家庭。我的其他三个孩子都踊跃地挺身而出帮助他们, 减轻父母的负担。在这方面, 社区感也很重要。许多有特殊需要孩子的父母很期望有一个家长网络, 让有相同需要帮助的父母能互相体恤, 并为彼此提供有益的讯息和喘息的机会。我儿子就是靠这样的网络, 能顺利在新加坡综合设施的职场教育计划下学习。

我们希望能够在新加坡社区成立类似的网络, 以供面临相同情景及责任的家长们使用。这样一来, 他们既可以获得可靠的建议, 还能互相鼓励彼此。这种网络对他们来说将会提供非常大的帮助。

人生的三大原则

洪先生提倡社区行善所秉持的理念:



→ **多方援助**: 洪先生说: “我很幸运在企业界有乐于在金钱、经验和时间上做出贡献的朋友和伙伴。这些宝贵的支援是推动我们向前进和为他人付出的推动力。”



→ **心灵导师**: 通过社区志愿服务, 洪先生亲身见证了导师对学生的正面影响力。他希望通过 Nanyang Sayang 计划, 为学生提供更多导师。该计划能够为中小學生与年长的学生和工作人士形成桥梁, 指引他们走向积极学习的道路。



→ **尽心聆听**: 居民知道能随时向洪先生求助。“我在咖啡店、巴刹或家访遇见居民时, 总会细心聆听他们的顾虑和所面临的挑战。这样一来, 我就能转移社区资源去帮助那些有需要的居民。”

洪先生认为这些项目是非常重要的, 因为它能够满足不同组别居民的需求。洪先生所发起的另一个项目是南洋基层组织的旗舰计划 Nanyang Sayang。

该项目帮助租赁组屋家庭的孩子, 鼓励他们定时上学, 并为他们提供免费的补习和指导。洪先生满意地分享了计划的成果。他说: “最窝心的其中一件事是一名学生在社区的支持和鼓励下, 学业有所进步, 并在小六会考中获取优异的成绩, 考进他心目中向往的中学!”

洪先生每周会进行两次的家访。他在一次家访时重遇男童, 并为他们一家对于项目的感激倍感窝心。洪先生还经常到南洋社区的咖啡店与居民会面和交流。他说: “男童的故事反映了社区支持的重要性。”

通过家访, 洪先生也获知弱势居民需要更多援助来购买日常用品。对此, 他的团队在南洋民众俱乐部成立了一个食品储物柜。有需要的居民可以一个月两次到储物柜索取三种不同的饮食配套。洪先生解释道: “之前, 有些居民因为工作或其他私人缘故, 而无法现身食品捐赠活动, 导致错失索取配套的机会。储物柜的设置不仅为索取过程提供了灵活性, 还让需要帮助的居民能更容易获得援助。” **B**

Let's Get Sporty, Keat Hong

WITH THE MULTI-FACILITY SPORTS HUB, THE ARENA @ KEAT HONG, RESIDENTS NOW HAVE A NEW PLACE TO EXERCISE AND PARTAKE IN VARIOUS SPORTING ACTIVITIES.

ADULTS DANCING TO UPBEAT ZUMBA MUSIC. Children squealing in delight as they zip down slides and bounce on inflatable castles. Residents of all ages mingling as they snack on cotton candy. The carnival spirit was palpable as some 2,000 Keat Hong residents gathered on the morning of 19 June 2022 to have fun at The Arena @ Keat Hong.

BRINGING FAMILIES AND NEIGHBOURS TOGETHER

It was the first day the new intergenerational sports and recreation hub was opened to the public, and the occasion coincided with a large-scale, multi-location sports carnival, Let's Get Sporty, Keat Hong. Held in conjunction with Father's Day and Year of Celebrating SG Families, the event saw residents participating in various sports, such as air badminton, pickleball and TTX (table tennis X), a modified form of table tennis, across seven locations in the precinct.

At Keat Hong Community Club, one of the seven locations for Let's Get Sporty, Keat Hong, young residents like Zou Zhi Yue tried out activities such as abseiling. "I was very nervous, but it was fun. I would like to try it again," said the seven-year-old, who was accompanied by his mother and sister.

Over at Zone 2 Residents' Network, Adviser to Chua Chu Kang Grassroots Organisations (GROs) (Keat Hong) Mr Zhulkarnain Abdul Rahim joined residents in a game of pickleball before participating in a brisk walking session at Tembusu Park.

The line-up of sports activities culminated at The Arena @ Keat Hong, which was officially launched by Minister for Trade and Industry and Adviser to Chua Chu Kang GRC GROs (Chua Chu Kang) Mr Gan Kim Yong; Mayor of South West District and Adviser to Chua Chu Kang GRC GROs (Bukit Gombak) Ms Low Yen Ling; Mr Zhulkarnain; and Adviser to Chua Chu Kang GRC GROs (Brickland) Mr Don Wee.



The Arena @ Keat Hong houses a mega playground and courts for various sports.



Minister Gan joining residents in a game of futsal.



Adviser to Chua Chu Kang GRC GROs (Keat Hong) Mr Zhulkarnain addressing carnival attendees with fellow Advisers.

Mr Zhulkarnain was as high-spirited as the residents when he addressed them. "We wanted to organise a town-wide sports day for residents as COVID-19 restrictions eased. It is nice to have a sports event after two years of restrictions due to the pandemic, he said. Expressing his gratitude for all involved in making the sports venue inclusive, Mr Zhulkarnain added, "Do take this opportunity to bond with your family and neighbours. I hope you will enjoy the facilities."

As part of Let's Get Sporty, Keat Hong, former national footballers Lim Tong Hai, Aleks Duric, Razali Saad, Terry Pathmanathan, Steven Tan and Baihakki Khaizan



Minister Gan, Mayor Low, Mr Zhulkarnain and Mr Wee chatting with former national footballers.



Residents participating in a high-energy Zumba session at the sheltered event hall.

made a special appearance and played futsal with residents. A wheelchair basketball match was also held on the basketball court at The Arena @ Keat Hong.

NEW LOOK, SAME SPECIAL PLACE

Another highlight of the space is the mega playground, which features three-storey-high towers, a pirate-ship-themed play area and multiple slides. Ms Nur Farahain, who has lived in Keat Hong since she was a child, has seen how the place evolved over the years. Watching her four children, aged nine, eight, five and four, climb up the tall structures at the revamped playground, the 31-year-old said, "It was a childhood place for my siblings and I, and now it is nice for my children to play where we used to. They enjoy it and are having a lot of fun." Ms Farahain's brother Muhammad Rafiq Farahain, 26, who accompanied her, said, "The sports area used to be quite small, about the size of a futsal court and two basketball courts. It is bigger and more accessible now."

Apart from trying out the new facilities, the sports carnival participants also enjoyed snacks such as *kacang puteh*, cotton candy and popcorn. An exclusive Yakult Grape gelato was also created for the event and part of the proceeds from its sale went towards supporting vulnerable residents of Keat Hong.

Chairman of Keat Hong Constituency Sports Network Mr Richard Sim, PBM, shared that 1,000 tickets, priced at \$2 each, were sold before the event and another 1,000 were sold on the day itself. "The objective is to bring residents together as we have not had such events for two years. We hope this new facility will connect residents while promoting participation in sports," he said. **B**



Mr Richard Sim, PBM (far right), with the top three winners of the lucky draw.



Ms Nur Farahain, her husband, four children and brother (far right) enjoying snacks and activities at The Arena @ Keat Hong.



Keat Hong resident Mr Krishnan Kuppusami, his wife and his son dressed in their event T-shirts and ready to soak up the carnival spirit.

VISIT THE ARENA @ KEAT HONG

Located at: Choa Chu Kang Avenue 3 and 4, between Blocks 407, 411 and 428.

What it offers:

- >> Mega playground
- >> Futsal pitch with interactive Sutu ball wall
- >> Multi-purpose court
- >> Courts for badminton, petanque, volleyball and basketball
- >> Sheltered event hall
- >> 400m jogging and walking track
- >> Adult and senior fitness corner
- >> Interactive play pillars
- >> Mini park

DID YOU KNOW?

>> The Arena @ Keat Hong sits on the site of the former Lam Soon Community Centre, whose functions were replaced by the newly built Keat Hong Community Club in 2018. Lam Soon Community Centre operated for 24 years from 1994 to 2018.

Your first-stop government service centre

SOUTH WEST RESIDENTS CAN NOW ACCESS OVER 200 FREQUENTLY-USED GOVERNMENT SERVICES AND SCHEMES AT THE NEW SERVICESG@THE FRONTIER COMMUNITY CLUB.



SERVICESG@THE FRONTIER COMMUNITY CLUB (CC) is a partnership between the Public Service Division (PSD) and People's Association (PA). The whole-of-government physical service touchpoint offers citizens access to more than 200 frequently-used government services and schemes across 19 agencies.

"ServiceSG provides a one-stop service for Pioneer residents and those living in the vicinity. Located within Frontier Community Club, which is connected to Jurong Point Shopping Centre via a link bridge, the ServiceSG centre provides added convenience and seamless access to the plethora of government e-services and the various touch points to and for our Pioneer community," said Adviser to Pioneer Grassroots Organisations (GROs) Mr Patrick Tay, BBM.

DIFFERENTIATED OPTIONS UNDER ONE ROOF

ServiceSG@The Frontier CC features a 24-hour self-service digital lobby. Staff stationed at the centre during the day value-add by helping residents with related services across agencies. Consultation rooms are also available for residents to speak with selected government agency officers via video conferencing on complex services.

Ms Yew Kiah Khin Wendy, 76, who had visited ServiceSG@The Frontier CC to seek assistance to claim her CDC Vouchers, make an appointment for her COVID-19 vaccination, as well as change her Singpass information and residential address, recounted her positive experience: "The centre is only a few bus stops away from my house. The staff are friendly and helped to clarify things that I had difficulty understanding."

"We seek to understand the citizen's circumstances and offer suitable solutions to them," explained Mr Setia Suriah, Community Relationship Ambassador at ServiceSG@The Frontier CC. He added that popular services in the centre include passport renewal and HDB-related matters, such as season parking and housing maintenance.

ACCESS TO WARM, PERSONALISED SERVICE

Recently, the ServiceSG@CC team helped Mdm Tan, a Pioneer resident who could only converse in Mandarin, seek financial assistance from the Social Service Office (SSO) after her husband had passed on. She reached out to ServiceSG@CC to assist her with the application. The team helped set up her Singpass so she could access the different government services. The team also arranged a video call with a social service officer from the Ministry of Social and Family Development and prepared the required documents to speed up the application process.

After knowing that it was Mdm Tan's intention to honour her late husband's legacy to help the less fortunate, the team went the extra mile by contacting local community partners and recyclers to collect clothes from her. "It was a tough time for Mdm Tan to cope with the loss

SERVICE SG
@The Frontier CC

Career Guidance

- Submit SkillsFuture Credit claim and find resources and tools to help you make informed decisions on skills upgrading
- Get career coaching to help you prepare for your next job
- Referral to job fairs and career matching services from e2i and WSG

Health

- Apply for EASE and CHAS cards to enjoy subsidies on medical treatment facilities and services

Housing

- Apply for HDB mortgage loan
- Find out and apply for accommodation assistance such as HDB Public Rental Scheme
- Learn more about HDB's Lease Buyback Scheme

Finance

- File your personal income tax
- Make your CPF nomination to distribute your CPF savings to your loved ones

Personal Administration

- Change your registered residential address
- Re-register your NRIC when you reach 55 years old
- Enquire about Pioneer & Merdeka Generation Package benefits
- Make a Lasting Power of Attorney
- Apply and receive consultation for ComCare assistance

Sports and Recreation

- Register for ActiveSG membership and book sporting facilities across the community
- Sign up for lifestyle courses and events
- Book sports facilities

Technology

- Stay connected with the IMDA Home Access programme to ensure that your family member has continued access to online school materials for study.
- Register for IMDA Seniors Go Digital Programme to learn how to use the latest apps and technology

ServiceSG@The Frontier CC is located at The Frontier Community Club, #01-01 The Frontier Community Place, 60 Jurong West Central 3, Singapore 648346

of a loved one, so we did our best to help her as much as we could and to help make her requested transactions as effortless as possible", shared Ms Gwee Lay Leng, Community Relationship Ambassador at ServiceSG @The Frontier CC.

By integrating multiple government services within the centre, the team hopes that Pioneer residents can be served more efficiently. Residents living in the South West District can look forward to another ServiceSG@Keat Hong CC towards the end of 2022. **B**



Gaining life lessons through art

SENIORS FROM SOCIAL SERVICE AGENCY SASCO PICKED UP WATERCOLOUR TECHNIQUES AND MORE AT A SERIES OF WORKSHOPS SUPPORTED BY THE WECARE ARTS FUND.

IN THE ACTIVITY ROOM AT SASCO@HONG SAN, art instructor Ms Joanne Lio was demonstrating a new "wet-on-wet" watercolour painting technique to the eight seniors attending her art workshop on 28 April 2022. "I chose to teach them watercolour painting as it's something that they may have seen before but may not have a chance to try yet. It's also easier to learn," the 36-year-old explained.

SASCO@Hong San tapped on the WeCare Arts Fund to conduct the workshop for its clients. Launched by the National Arts Council, the fund supports social service agencies (SSAs) in bringing arts experiences of all forms to their beneficiaries.

Over the one-and-a-half-hour session, Ms Lio patiently showed the seniors how to draw different types of jellyfish on a whiteboard and guided them to draw their creations using crayons. She then led them to paint the head of the jellyfishes using the "wet-on-wet" effect. This technique refers to the act of applying fresh paint onto a wet surface or on paint that is still wet.

Ms Lio also taught the participants how to use the same technique to paint a black background to create an effect of the jellyfishes swimming at night. Finally, Ms Lio sprinkled some salt onto her painting to create texture and pattern.



MORE THAN PICKING UP ART SKILLS

Besides discovering how to use different colours to enhance his watercolour painting, Mr Chee Shing Gud, 70, said creating art has helped him manage his emotions. "I've learnt to be more patient and not get upset easily. The interaction with other seniors and the instructor has also taught me the importance of showing respect to other people," said the former public relations officer at a bank, who revealed that he was quite impatient in his younger days.

Ms Lio was heartened to hear about Mr Chee's experience. "I noticed that some of the participants tend to rush through their creations. I hope they will learn how to slow down their pace and enjoy the process instead of focusing on the outcome," she shared.

Another senior who patiently applied the new painting technique to his artwork was former electrician Mr Lee Meow Woon, who is in his 60s. "I have always loved to do art since I was a student," said Mr Lee, who used to do a lot of watercolour painting and sketching of animals and nature while serving National Service. "Art helped keep me occupied during the pandemic as we could not go out. It also allowed me to express my creativity and memories in the form of pictures," he added.

Mr Matthew Chua, Head of Community Engagement at SASCO, said the series of art workshops are part of the organisation's person-centric care approach to improve beneficiaries' well-being through programmes that cater to their interests. "Activities like these have helped to improve their hand-eye movement and encouraged them to think out of the box," he added. Apart from allowing the seniors to express their emotions, Mr Chua said the sessions have also provided an opportunity for the seniors to chat about common interests and topics. **B**



WeCare Arts Fund is a partnership between People's Association and National Arts Council. The fund is open to all SSAs that are keen to work with artist/arts organisation to bring arts in the form of workshops or co-creation of performances and exhibitions to their beneficiaries. Scan the QR Code for more information.

Opportunities for all

JUST AS JOBSEEKERS WERE EXCITED ABOUT THEIR PROSPECTS, EMPLOYERS WERE APPRECIATIVE OF THE OPPORTUNITY TO MEET POTENTIAL HIRES AT THE SGUNITED-E2I JOBS & SKILLS DISCOVERY @ JURONG-CLEMENTI.



Mr Murali Pillai interacting with a resident at the job fair.



Mr Murali Pillai speaking to Mr Rague Arasan about his experience of finding a job through the job fair.

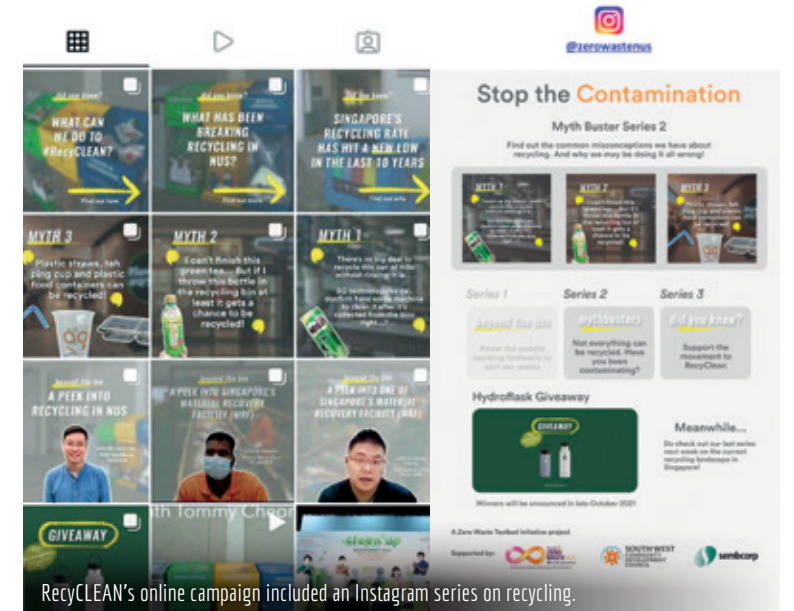


A SkillsFuture adviser sharing with Mr Koh Tuan Hur and another jobseeker about how they can use their SkillsFuture Credits to upskill.

than 100 positions in Engineering, Information Technology and Operations. Senior HR Manager of PSA Corporation Limited Ms Cheah Wai Yeen said, "PSA is expanding its operations and looking to move all our operations and equipment to Tuas Port. Many of the jobseekers at this fair are experienced in the maritime industry, and we are happy to be here to match them to the positions available. It is a win-win situation for both parties."



The NUS RecyCLEAN team (left to right): Colin Chan, Gillian Yeong, James Yak, Cindy Evangeline and Ho Yi Jing.



RecyCLEAN's online campaign included an Instagram series on recycling.

MORE OFTEN THAN NOT, WE DO NOT HAVE THIS KIND OF OPPORTUNITY WHEN JOBSEEKERS SEND IN THEIR JOB APPLICATION ONLINE.

All we get is their resumes, and we only have a quick conversation when we call them," shared Mr Mario Goh, Human Resources (HR) Business Partner from Asia Pacific Breweries Singapore (APBS). The opportunity Mr Goh was referring to is the chance to meet candidates face-to-face before shortlisting them.

APBS is one of the 20 participating companies in SGUnited-e2i Jobs & Skills Discovery @ Jurong-Clementi, which was held at Bukit Batok Community Club (CC) on 26 May 2022. "Apart from being the first collaboration with e2i, this was also the first time in many years that APBS participated in a physical job fair," shared Mr Goh.

The job fair, jointly organised by the South West Community Development Council (CDC) and National Trade Union Congress (NTUC)'s Employment & Employability Institute (e2i), offered some 1,600 jobs and attracted more than 200 pre-registered jobseekers. It partnered companies operating in diverse industries including The Port of Singapore Authority (PSA) Corporation Limited, which offered more



Jobseekers attending on-the-spot interviews.

Visit the next SGUnited-e2i Jobs & Skills Discovery in September 2022! Follow South West CDC's Facebook page for updates.



>> CAREERS IN TOURISM

In January 2022, the National Trades Union Congress partnered government agencies and key trade associations to launch the Tourism Careers Hub (TCH). Through the TCH, jobseekers can look forward to career guidance, job matching services and recruitment activities. Visit www.e2i.com.sg/tourismcareershut for more information.

GOING ABOVE AND BEYOND

FairPrice Group, a regular participant of e2i job fairs, had dozens of openings for roles such as cook, clerk, cleaner, driver and logistics assistant. Mr Gavin Chng, Lead Talent Acquisition (Frontlines) from the FairPrice Group, shared, "We have many vacancies as we are expanding. We have applicants whose ages range from 16 to 84, and the job fair provided a good platform for us to meet the candidates on the spot." Career coaches from e2i were also at hand to provide skills and training recommendations for jobseekers to better prepare them for their desired roles.

Mr Rague Arasan was one of the jobseekers who benefitted from e2i's guidance. After failing an initial interview, the 60-year-old was advised by a career coach to take the Supervise Service Operation course using his SkillsFuture Credits. In addition, he took a course in Customer Management Service on his own initiative. Armed with new skills and knowledge, the Bukit Batok resident was elated to be hired as a Centre Manager for NTUC Health Co-operative Limited.

Another jobseeker who successfully found a job through SGUnited-e2i Jobs & Skills Discovery @ Jurong-Clementi was Mr Koh Tuan Hur. Having suffered from a stroke a year ago, the former restaurant manager wanted to change jobs, but his attempts in job application were not successful. "I have limited options, because my right hand is weak, and I cannot walk fast. My ex-colleague told me about the job fair and advised me to look for a job here," the 48-year-old shared. Recounting that he was uncertain what to do when he arrived at the job fair, Mr Koh added that the e2i advisers were very helpful. "They took time to understand my situation, shortlisted roles suitable for me and explained to me about the procedures," he said.

Mr Koh was thrilled to be offered operations roles by Holiday Inn Singapore and Orchid Laundry, and believes job fairs like these are very helpful for jobseekers. "I received two offers in one day. There are dozens of companies here so there are many jobs available. It also saves time as you get to meet the employers on the spot rather than waiting for someone to reply your email," said the Jurong resident. **B**

GET REAL WITH RECYCLING



>> Only **6 per cent** of plastic — one of three major waste streams in Singapore — was recycled in 2021.

>> About **40 per cent** of contents collected from the blue recycling bins cannot be recycled because they are either contaminated or non-recyclable.

>> Only **13 per cent** of domestic waste was recycled in 2021 despite the resumption of recyclables collection and the ubiquity of blue recycling bins we see in our neighbourhoods.

Source: National Environment Agency

Find out more about Zero Waste Testbed Initiative @ South West.



DOES IT SURPRISE YOU THAT ABOUT 40 PER CENT OF THE CONTENTS COLLECTED FROM THE BLUE RECYCLING BINS IN OUR NEIGHBOURHOODS CANNOT BE RECYCLED BECAUSE THEY ARE CONTAMINATED?

For undergraduates of National University of Singapore (NUS) Colin Chan, Gillian Yeong, James Yak, Cindy Evangeline and Ho Yi Jing, learning about this and the challenges that Singapore faces in recycling was shocking. They decided to launch the RecyCLEAN campaign to educate the NUS community and reduce recyclables contamination within the school. The project was funded under the Zero Waste Testbed Initiative @ South West organised by NUS, South West Community Development Council (CDC) and SembWaste.

A MULTI-PRONGED APPROACH

The team started off with a round of five dumpster dives, collecting and analysing recyclables taken from three locations in NUS University Town (UTown). They found that the contamination rate of recyclables in UTown was the highest for plastics at 60.91 per cent, and the most frequent contaminant was unfinished and unrinsed beverage bottles. These findings prompted them to focus on reducing contamination of beverage bottles for their wall decals, which were pasted near the recycling bins they analysed.

"We had help from the NUS Zero Waste Team to craft a simple but clear message for our campaign," shared the RecyCLEAN team. South West CDC also organised various visits to recycling facilities for the RecyCLEAN team to learn how recyclables are processed. "It was an eye-opening experience that gave us more insights to prepare for our campaign."

Interacting with the workers to learn about their work and liaising with the various organisations generated content for our Instagram series," said team leader Yi Jing.

Titled "Beyond the Bin", RecyCLEAN's Instagram series featured interviews with recycling advocates — such as a yard crew member at Chye Thiam Material Recovery Facility (MRF) — to evoke empathy among its audience. Over a period of one month, the team incentivised students to tag one another in these educational posts through virtual lucky draws. They also sent out weekly emails to spread the message of binning only clean recyclables.

MORE CLEAN RECYCLABLES

Post-campaign dumpster dives carried out by the RecyCLEAN team yielded encouraging results — the weight of contaminated recyclables decreased by 10 per cent. Contamination in recycling bins for plastic dropped the most — by 30.61 per cent — while contamination in recycling bins for metal was reduced by 5.19 per cent. Surveys conducted also revealed an overall improvement in the target group's understanding of what cannot be collected for recycling after the campaign ended. More respondents are aware that the entire contents of a recycling bin would have to be disposed of if a used cup containing liquid is thrown inside (up from 44.4 per cent to 60.8 per cent). More respondents are also willing to empty and rinse a drink container before dropping it into a recycling bin (up from 19.4 per cent to 31 per cent).

In envisioning how the project could be scaled to educate more Singaporeans, Colin said, "We hope more Singaporeans can get to know the people behind the recycling scene. More informative material on recycling could also be employed in schools and near recycling bins in public areas." **B**

Creating opportunities in a time of crisis

FOR THE HAINAN STORY RESTAURANT, CHALLENGES FACED DURING COVID-19 REPRESENTED VALUABLE LESSONS IN MANPOWER TRAINING AND EFFICIENCY.



Dishes available at The Hainan Story.



The combination ovens that the restaurant bought with funding from the Productivity Solutions Grant cook food more consistently and efficiently.

IT WAS SUPPOSED TO BE A YEAR OF EXPANSION FOR THE HAINAN STORY, A HOME-GROWN RESTAURANT AND BAKERY THAT SPECIALISES IN HAINANESE CUISINE. Since it opened in 2018, business had been growing steadily and there were talks of expansion both locally and internationally.

However, when the COVID-19 pandemic hit in early 2020, the company's sales plunged. Not only were development plans thrown into disarray; the business also struggled with a manpower crunch.

"To overcome some of the operational challenges, we continued to recruit new staff. These staff were trained in house to equip them with the necessary skills while keeping costs manageable," shared co-founder Mr Lem Cheong.

IMPROVING EFFICIENCY WITH NEW EQUIPMENT

Fortunately for The Hainan Story, Mr Cheong was introduced to Mr Ivan Choong, Business Advisor at SME Centre@SouthWest, through a chance encounter. "We worked closely with The Hainan Story to better understand their operations and growth plans, as well as help identify their pain points. Various challenges hindered the company from effectively scaling its business," recalled Mr Choong. "Together, we explored new solutions to help automate their processes, and to navigate various government schemes and grant applications."

To alleviate the company's challenges, Mr Choong recommended that the company work with EnterpriseSG to explore solutions to enhance its business processes and tap on the Productivity Solutions Grant* (PSG) to defray the cost involved.

With the support of PSG, The Hainan Story made strategic purchases in the form of new kitchen equipment. In particular, the combination and speed ovens helped to expedite the cooking processes, lightening the staff's workload and reducing training time while minimising human errors. After multiple

trials with the new equipment, the restaurant staff developed a set of standard operating procedures to produce the same dishes more efficiently without compromising on taste and quality.

MORE READY TO MEET FUTURE CHALLENGES

As COVID-19 restrictions ease, businesses across Singapore are starting to see their revenues recover slowly but steadily. While manpower and operational issues may still present themselves in different forms, The Hainan Story is confident that they are better equipped now to deal with challenges. "Ironically, COVID-19 has landed us in a better position to expand our operations in Singapore as we have now automated our key processes. In fact, in the third quarter of 2022, we will be opening a new shopfront in Jewel Changi," shared Mr Cheong. "We hope to regain our momentum and grow internationally in the future as well."

Mr Choong added, "The Hainan Story has continued to be proactive in pursuing growth and innovation, and I encourage more companies to take that next step forward to transform and future-proof their business."



The Hainan Story also invested in a coffee machine.

About SME Centre @SouthWest

The SME Centre@SouthWest was launched in 2013 in partnership with EnterpriseSG, Singapore Manufacturing Federation and the South West Community Development Council. It serves as a one-stop centre that assists companies through business advisory, information on government-funded programmes, capability workshops and group-based upgrading projects.

As part of this, the SME Centre offers 1-to-1 business advisory services to help SMEs better understand their business concerns and strengthen their competencies. If you are keen to find out more about how you can improve your business, book an appointment with a business advisor today. Contact Ms Michelle Ling via email (michelle.ling@smecentre-smf.sg) or call 8186 6018.



in partnership with
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SOUTH WEST CDC - KOH KOCK LEONG GRADUATE RELIEF & INDIVIDUAL TRAINING (GRIT) FUND



Apply now to upskill yourself and receive a one-time \$500 grant upon course completion

Eligibility Criteria

- Resident of South West District
- Full-time student at the following local institutions: JCs / MI / ITE / polytechnics / universities
- Graduated between December 2019 and March 2023
- Singapore citizen or at least one immediate family member is a Singapore citizen
- Combined gross monthly household income of \$3,500 or per capita income of \$875, whichever is lower
- Not in any full-time employment or committed in other traineeship/internship programme i.e. part-time and temporary employment are allowed.



Scan here to apply now!
(<https://go.gov.sg/SWDCGRIT>)

Visit <https://southwest.cdc.gov.sg/> for more information or email us at swcdc_bursaries@pa.gov.sg for further enquiries.

KONG MENG SAN COMMUNITY DEVELOPMENT COUNCIL COVID-19 RELIEF FUND

To help individuals affected by the COVID-19 pandemic, the five Community Development Councils have joined hands with Kong Meng San Phor Kark See Monastery to set up the COVID-19 Relief Fund.

The fund aims to support Singaporeans affected by loss of jobs, retrenchment or loss of income as a result of the pandemic.

ELIGIBILITY CRITERIA & SUPPORTING DOCUMENTS REQUIRED

- Open to Singaporeans who have experienced retrenchment / contract termination / salary loss of at least 30% from all jobs
- Applicants are required to submit their
 - ➔ NRIC
 - ➔ Copy of CPF statements for verification on loss of income; and
 - ➔ Copy of letter from employer indicating retrenchment / termination; or
 - ➔ Copy of current income statement / pay slip.

TO APPLY / FOR MORE INFORMATION

Interested applicants may contact the CDC or approach the nearest CC for more information.



South West Community Development Council
Tel 6316 1616
Email southwest_cdc@pa.gov.sg

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Starting afresh amid COVID-19

THROUGH A JOB FAIR ORGANISED BY KEAT HONG GROS, A SOUTH WEST RESIDENT FOUND A NEW CAREER AT THE HEIGHT OF THE PANDEMIC.

FOR 32-YEAR-OLD SINGAPOREAN MR JAMES BRANDO, who had been working in the aerospace industry for more than two years before COVID-19 struck, the job uncertainties he faced during the pandemic were unnerving. "Overseas travel stopped, and all the aircraft were grounded. The (aerospace) company I was in took a big hit," the Jurong resident recalls. "Naturally, I felt scared – would my pay be cut, or would I be retrenched because there is no sales to sustain the whole company? That took a psychological toll on me." At the time, he also shouldered extra financial commitments due to his wedding preparations and new matrimonial apartment.

But thanks to the Keat Hong Community Job Fair – organised by Keat Hong Grassroots Organisations (GROs) and good Pte Ltd and supported by South West Community Development Council – Mr Brando was able to start a new career in finance and wealth management during the pandemic. An online platform that allows jobseekers to filter job listings by location and preference, good has over 14,000 jobs openings and over 700 employers on its platform.



Jobseekers could apply for jobs in a range of industries such as transport, F&B, healthcare and retail at the job fair held at Keat Hong Community Club.

Mr James Brando at his new workplace Qiren Organisation.

A GOOD PUSH IN THE RIGHT DIRECTION

Mr Brando had been contemplating about becoming a financial consultant for some time even before the pandemic. He was inspired to act on it when he came across publicity banners of the Keat Hong Community Job Fair across his housing estate, as well as video advertisements that were streamed on LED screens at the lift lobby of his block.

At the job fair, he met with a recruitment manager from Qiren Organisation, a company that specialises in insurance coverage for families and children. Mr Brando was offered a position as a financial adviser by Qiren Organisation and they also sponsored his examinations for Institute of Banking and Finance Singapore (IBF) certification – an essential credential for his new role – and paid him an allowance that helped him fulfil his financial responsibilities while he studied.

Now that he is in a job that is more suited to his affable personality, Mr Brando feels happier and more fulfilled. "It was my first time attending a job fair. I feel that it was well-organised, and I was able to learn a lot more about a job that I had always been interested in," he shares.

With the easing of safe management measures, he looks forward to meeting clients in person and helping them with their financial needs. He also encourages job seekers to be open-minded when making a career switch, especially to an industry that they may not be familiar with.

"When you want to make a career switch to a different industry, people may say 'Why do you want to start from ground zero again?' But my take is that you should give yourself a chance to act. For example, go to a job fair like the one I attended to find out more and explore new opportunities," he shares. **B**

To find out more about upcoming job fairs, visit <https://southwest.cdc.gov.sg/what-we-do-for-lifelong-learning>.



Here to help

RESOURCES AT YOUR FINGERTIPS



FINANCIAL & EMPLOYMENT ASSISTANCE

ComCare Hotline

1800 222 0000 (Monday to Sunday, 7 am to 12 am)

ComCare by the Ministry of Social and Family Development provides social assistance for low-income individuals and families.

Employment & Employability Institute (e2i)

6474 0606

e2i West
Devan Nair Institute for Employment and Employability
80 Jurong East Street 21, Level 2
Singapore 609607

Centre opening hours: Monday to Friday, 9 am to 5 pm;
Saturday, 9 am to 1 pm; closed on Sundays and public holidays

LEGAL ADVICE

Community Legal Clinic @ South West

enquiry@lawsocprobono.org

The Community Legal Clinics provide free basic legal advice and information for the public. Registration is required.

6536 0650

Hotline operating hours: Monday to Friday, 10 am to 1 pm and 2 pm to 4 pm; closed on weekends and public holidays

ASSISTANCE FOR BUSINESSES

SME Centre@SouthWest

9636 5265

A one-stop centre where businesses can get information on Government-funded programmes, capability workshops and group-based upgrading, as well as help in business diagnosis from business advisors.

SOCIAL SUPPORT/ MENTAL WELLNESS

Caregiving @ South West Hotline

6258 6683 (24 hours)

Manned by Caregiver Asia, this hotline is for everyone with a caregiving-related enquiry.

The Seniors Helpline 乐龄援助热线

1800 555 5555

A toll-free national helpline by Sage Counselling Centre that seniors can call for befriending, counselling and referral for community resources.

Helpline operating hours: Monday to Friday, 9 am to 7 pm;
Saturday, 9 am to 1 pm; closed on Sundays and public holidays

National CARE Hotline

1800 202 6868 (8 am to 12 am daily)

Offers emotional support to individuals who may be worried about COVID-19 and its impact on their lives.

SELF-HELP GROUPS

CDAC

6841 4889 (Monday to Thursday, 8.30 pm to 6 pm;
Friday, 8.30 am to 5.30 pm)
enquiry@cdac.org.sg

CDAC @ Jurong
Blk 421 Jurong West Street 42 #01-1045
Singapore 640421
Tel: 6569 3573

Centre opening hours: Monday to Friday, 1 pm to 10 pm;
Saturday and Sunday, 10 am to 5 pm; closed on public holidays and the eve of Christmas, New Year and Chinese New Year

Yayasan MENDAKI

6245 5555 (Monday to Friday, 8.30 pm to 5.30 pm;
Saturday, 9 am to 1 pm)
mendaki.org.sg

MENDAKI @ Jurong
500 Corporation Road, #02-01
Singapore 649808

MENDAKI @ Choa Chu Kang
Blk 813A Choa Chu Kang Ave 7
Singapore 681813

MENDAKI @ ITE College West
1 Choa Chu Kang Grove
Singapore 688236

Singapore Indian Development Association (SINDA)

1800 295 3333 (Monday to Friday, 9 am to 6 pm)
Email: queries@sinda.org.sg
Support package: sinda.org.sg/supportpackage

SINDA Youth Hub
(temporarily closed in line with COVID-19 safe opening guidelines)
Jurong Point 1, #06-03
Singapore 648886
Tel: 6393 7288

Knowing my district

TAKE THIS QUIZ TO FIND OUT HOW MUCH YOU KNOW AND STAND A CHANCE TO BRING HOME THE SOUTH WEST CDC TEDDY BEAR!

- 1. Which organisation partnered South West CDC to organise the pilot Community Guiding Programme?**

A: _____

- 2. What mental illnesses did the mental wellness workshop conducted by Caregivers Alliance Limited focus on?**

A: _____

- 3. Name two Family Bliss @ South West activities held from December 2021 to March 2022.**

A: _____

- 4. From the article, name three things that you can get help with at ServiceSG @ The Frontier Community Club.**

A: _____

- 5. How many jobs were made available at SGUnited-e2i Jobs & Skills Discovery @ Jurong-Clementi?**

A: _____

Complete the quiz and Sudoku puzzle,
take a picture of the page and upload to:
<https://go.gov.sg/swcdcbridge>



Or

Send your entries to us at: **South West CDC,**
Jurong Town Hall Road, #26-06, Singapore 609434.

If your entry is selected,
you will win a
South West CDC teddy bear!

DEADLINE: 30 September 2022



Name: _____

Age: _____

Address: _____

Tel: _____ Email: _____

SUDOKU FUN

HOW TO PLAY

Enter numbers from 1 to 9 in the blank spaces. Every row and every column must contain only one of each number. This also applies to every 3x3 square. Have fun!

		8			4			3
	9						6	1
			3					
			4			7	5	
		3	7		5	6		
	5	9			6			
					3			
5	4						9	
6			8			5		